

DISTRICT 68 LITTLE LEAGUE AA
PRACTICE #1

5:00-5:05 (5min)

TEAM MEETING – OUTFIELD GRASS

- TODAY'S KEY LESSON - PITCHING INTRO

5:05-5:15 (10min)

WARM UP

- JOG AS A TEAM – POLE TO POLE TO POLE
- EXERCISE LINE
 - HIGH KNEES
 - LUNGES
 - SHUFFLE STEP AND TURN
 - BUTT KICKS
 - LEAP FROG
 - SPRINTS BASE LENGTH
- CIRCLE STRETCH
 - JUMPING JACKS
 - WINDMILLS
 - WALK OUT, PUSHUP (UP TO 5), WALK BACK
 - ARM CIRCLES
 - ELBOW STRETCH
 - ELEPHANT STRETCH – UP IN THE AIR, THEN SIDE STRETCH
 - MOUNTAIN CLIMB
 - CORK SCREW (ONE LEG STRAIGHT, TWIST BEHIND)
- BASERUNNING – ON BASES
 - RELAX, READY, GO
 - CROSS-OVER STRIDE
 - SPRINTS
 - RACE

WATER BREAK

5:20-5:40 (20min)

PROPER THROWING, CATCHING

- TEACH IT – THROWING AND CATCHING
 - NO BALL GRIP, BALL FACING OUT, FOLLOW-THROUGH
 - CATCHING WHEEL
- TRY IT
 - WIFFLE BALL CATCH, BARE HANDS
 - GAME IT – DROP BALL, YOU'RE OUT
- BASEBALL THROWING
 - PROPER CATCHING STANCE
 - POWER FOOT, GLOVE FOOT, THROW
 - 30', 60 '90', HOME TO SECOND DISTANCE

5:40-5:55 (15min)

FLY BALLS

- TEACH IT - RELAXED, READY, GO, TWO HAND CATCH (NO BALL OR GLOVE)
- TRY IT – THROW OWN WIFFLE BALL
- TRY IT

- BARE HANDS
- GLOVE
- GAME IT (IF TIME ALLOWS)
- KING OF THE DIAMOND, MUST DO RELAXED AND READY

WATTER BREAK

4:15-4:20 (5min) HITTING – TEACH IT

- NO BAT – STANCE CHECK, USE GLOVE AS PLATE
 - DISTANCE TO PLATE, TAP OUTSIDE - CHECK
 - FEET OUTSIDE OF KNEES– CHECK
 - GRIP – CHECK
 - BAT ON NOTCH & BACK– CHECK
 - STEP AND SWING, STOP AT FINISH

4:20-5:05 (45min) HITTING – TRY IT – 4 GROUPS

- GROUP 1
 - OUTFIELD & BUCKET
- GROUP 2
 - TEE 1 (HIGH)
 - TEE 2 (MIDDLE)
 - 10 **QUALITY** CUTS EACH AND SWITCH. GO THROUGH TWICE FOR A TOTAL OF 20 SWINGS PER PLAYER.
- GROUP 3
 - LIVE HITTING
 - 10 HITTABLE PITCHES PER PLAYER
 - ROTATE TWICE FOR TOTAL OF 20 CUTS EACH
 - RUN ON LAST HIT. TEACH RUNNING WITH THE BAT (INSTEAD OF THROWING IT)

5:05-5:10 (5min) RUNNING GAME

5:10-5:15pm (5min) CLOSE WITH WHAT WE LEARNED